

# Good Food Facts

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## Keep Smiling!



Your children depend upon you to keep their smiles bright. Their teeth need to be cared for every day. Sugar and starches in foods can cause tooth decay when they stay on the teeth too long. Try these tips to make sure that your child's teeth stay healthy and bright their entire life!



Wean your child from the bottle by one year of age. Using a bottle too long can lead to tooth decay. Serve water, milk, or juice from a cup.



Some foods cause tooth decay more than others. Eat these treats less often as a part of meal, not as snacks.

Pop or soda	Candy
Cookies	Cake
Sweet drinks such as Kool Aid, Hi-C or Tang	Donuts/ Sweet Rolls
Gum	Chips
Raisins and dried fruits	Syrup and honey



Some foods "protect" against tooth decay more than others. Offer these teeth healthy snacks more often as part of a healthy diet:

Fresh fruit	Vegetables
Low sugar cereals with milk	Cheese
Yogurt	Nuts i
Milk	Juice without added sugar
Meat	Popcorn i
Pretzels	Whole grain breads and pasta
Peanut butter i	

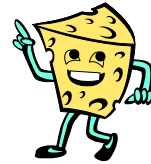
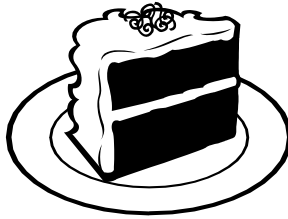
i Avoid these for children under 2 years old.



Limit the number of times you serve snacks. Schedule regular meal and snack times.



Brush teeth daily with a fluoride toothpaste.



**Can You Choose The Tooth Healthy Snacks?**

